

ACTIVITY #1

Set up: Set up a field 30 yards long by 40 yards wide.

Instructions: WARM-UP

Partners and one soccer ball; ball for every 2 players. Groups stand 10 yards apart from one another and 5-10 yards apart from next group. They strike the ball back and forth hitting the ball with the laces. Have the partners stop ball completely at first, eventually increasing distance and striking moving balls. Partners should hit ball hard enough to get the ball to the partner at first, work on form and not on power at first. As you progress through the first couple of minutes, take the time to show your team dynamic stretches.

Coaching Points: 1)Toes of kicking foot pointed at the ground and ankle locked down.

2)Strike the center of the ball or on the upper half to keep low (no toe blows)

3)Follow through, landing on your striking foot



ACTIVITY #2

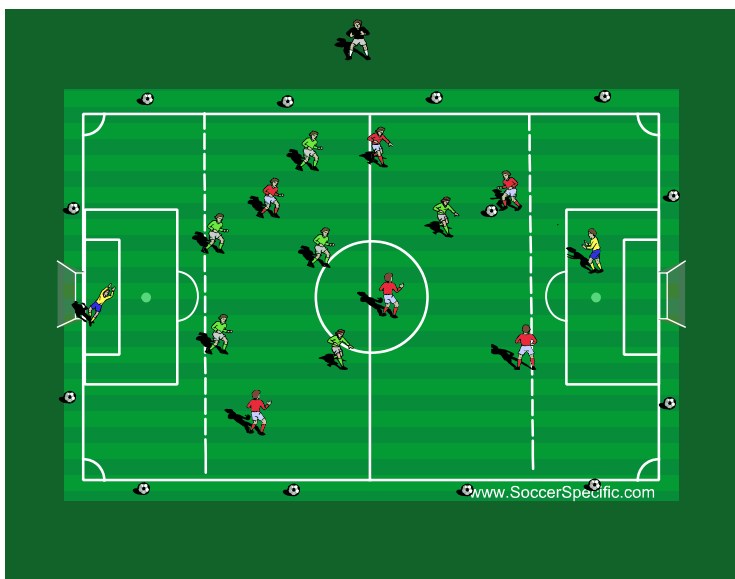
Set up: Same Field as above....30 yards long by 40 yards wide. Divide teams up into 3 teams. 15-35 minutes. Have plenty of balls at each goal

Instructions: SMALL GAME:

Divide players up into 3 teams. 2 teams are on and one team is off behind either goal shagging balls. Play 3 minute games. First team to score stays on. If game is tied after 3 minutes, longest team goes off. Another option is to have the team off become neutrals and keep the ball in play when it goes over the endline or sideline. Play throw-ins, corners and goalkicks.

Coaching Points: 1)Shots need to be goal (target)

2)Movement off the ball.



ACTIVITY #3

Set up: 35-55 Minutes.

Field Size: 45-50 yards wide by 50-60 yards long. 2 teams (Red and Green). Goalkeepers in yellow pennies. Set up two offsides lines 20 yards out from each goal (this can also serve as a goalie box). Scatter plenty of soccer balls around the field to keep the play moving.

Instructions: BIG GAME

Play throw ins, goalkicks, corners and offsides. Can play neutrals if numbers are uneven. Put team in a certain formation 2-2-1 or 3-1-2 (coaches preference)

Coaching Points: 1)SHOOT THE BALL!!!

2)Shots on need to be on goal (target)